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New complex to honour the Greatest Transconian

Paul E. Martin Estates. Housing named after former mayor to offer affordable living for families, seniors

BERNICE PONTANILLA
 bernice.pontanilla@metronews.ca

A new housing complex in Transcona is being hailed for its unique concept as well as the man it's being named after. Former Transcona mayor Paul Martin, 93, vowed to be at the ribbon-cutting ceremony for the new \$25.9-million, 92-unit apartment building, which was announced at the Transcona Legion on Monday. He even suggested a date: March 25, 2015. "That's my birthday," he said.

Paul E. Martin Estates is slated to go up at 840 Ravelston Ave., and its two wings combine affordable housing for families and seniors. The families' wing will be six storeys with 45 units, while the seniors' wing will be a four-storey, 47-unit building. A two-storey common area will connect both wings. "It's a moment of unbelievable," said Martin, who was voted Greatest Transconian in 2005. "I did everything for my love of my community, and to be rewarded for it doesn't seem right, but I accept it with humility." Transcona resident Joan Buckingham said the housing will encourage more social interaction for seniors. "It's nice to have the common areas, so that seniors don't feel isolated," she said. "With this one, it's going to be seniors and families (together)."



Paul Martin, who was named the Greatest Transconian in 2005, holds an architectural rendering of the planned Paul E. Martin Estates housing complex. The estimated \$25.9-million price tag will be funded by the provincial, federal and municipal governments. BERNICE PONTANILLA/METRO

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Inquiry

Final Phoenix report in province's hands

The Manitoba government says it has received the final report from a public inquiry into the death of five-year-old Phoenix Sinclair, who spent much of her life in foster care.

The New Democrats say they won't release the report until early next year after a "thorough review by the government."

More than two years ago, Commissioner Ted Hughes was tasked with figuring out how Phoenix slipped through cracks in child welfare and how her death at the hands of her guardians went undiscovered for months.

Phoenix bounced in and out of foster care before she was murdered by her mother and stepfather in 2005.

The inquiry, one of the most expensive in the province's history, sat for 91 days and heard testimony from 126 witnesses.

THE CANADIAN PRESS

Stage show

Family Feud coming to Winnipeg

What long-running television game show is coming to Winnipeg?

Survey says: Family Feud.

Family Feud Live!, the touring audience-participation stage show, is coming to the Pantages Playhouse Theatre March 18.

As much as \$10,000 will be up for grabs.

Tickets for Family Feud Live! range in price from \$39.50 to \$59.50 plus service charges and go on sale Friday. **METRO**



Brown water alert

East Winnipeg residents, be aware — water-main repairs near Plessis Road could cause temporary brown water issues Wednesday and Thursday in the areas shaded green on the map. **GOOGLE MAPS ILLUSTRATION**

MPI. Auto insurance rates to rise almost one per cent

Manitobans will see their auto insurance rates increase in 2014 by 0.9 per cent overall.

Manitoba Public Insurance (MPI) applied for a 1.8 per cent increase, but the Public Utilities Board (PUB) only approved an increase of half that amount Monday.

Instead of the full increase being granted, the PUB insists that MPI find other cost-cutting measures. The PUB is requiring MPI to provide detailed in-

formation on its staffing levels, a review of its cost controls and a five-year IT plan.

Trailers will see a 6.1 per cent increase in their rates and motorcycles will see a 6.1 per cent decrease.

METRO

More online

For more news, visit metronews.ca



WSO goes crowdsourcing

Concerto. Winnipeg Symphony Orchestra wants to record an original piece titled *The Shaman*, featuring percussionist Dame Evelyn Glennie

The Winnipeg Symphony Orchestra (WSO) has launched its first-ever crowdfunding campaign to bring a concerto written by its composer-in-residence to ears around the world.

If the campaign can bring in \$85,000, the orchestra will record Vincent Ho's *The Shaman*, a percussion concerto written specially for virtuoso percussionist Dame Evelyn Glennie.

"For me, Dame Evelyn Glennie is a modern-day shaman," said Ho in a release announcing the campaign. "She has the uncanny ability to draw the audience

into a magical world and take us on wondrous journeys that are beyond material existence.

"The costs for making a high-quality recording of a work of this scope are extremely steep."

Running 33 minutes long, *The Shaman* merges the spiritual world of Native American culture with the modern classical world. It had its world premiere in Winnipeg in 2011, and has since been performed in front of audiences in Toronto and Taipei.

The indiegogo.com campaign is also Glennie's first foray into crowdfunding.

If all goes according to plan, the WSO hopes to record the piece next May in Winnipeg so it can be included on a compilation album of Ho's work.

To support the campaign, go to indiegogo.com and type "Evelyn Glennie" into the search.

METRO



Percussionist Dame Evelyn Glennie and composer Vincent Ho have taken to indiegogo.com to fund a recording of Ho's *The Shaman*. **COURTESY INDIEGOGO.COM**



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1 NEWS

Transit Tuesday



Weekly Transit News Update

THE SANTA BUS IS ON THE ROAD

Winnipeg Transit's Santa Bus is on the road collecting cash donations for the Christmas Cheer Board. The Santa Bus features larger than life images of the jolly old man along with all his happy reindeer on the exterior of bus #829. To locate the Santa Bus, just text 287898, enter Bus 829 then press send. BUSxtxt will text you back with route and next stop location.



FREE RIDE ON NYE

Celebrate safely this New Year's Eve! Starting at 8:00 p.m. on December 31, take a free ride on Winnipeg Transit or Handi-Transit, courtesy of Manitoba Public Insurance. Visit winnipegtransit.com for details.



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New Year's Eve.
Celebrate safely.
Effective from 8 p.m. until end of service.

Manitoba
Public Insurance

Moore apologizes for hungry child remark

'Insensitive.' Industry minister changes tune from 'out of context' to sorry after full radio clip posted online



KATE
WEBB
Metro in Vancouver

Federal Industry Minister James Moore apologized on Monday for making an "insensitive" comment to a reporter last week that child poverty is not Ottawa's problem.

"Is it my job to feed my neighbour's child? I don't think so," he chuckled to a Vancouver News1130 radio reporter, after saying the federal government is not going to "usurp the province's jurisdiction" over addressing child poverty.

At first, the B.C. MP insisted his comment had been taken out of context and also claimed the quote was inaccurate, but after the radio station posted the full audio clip on its website, he changed his tune.

"Caring for each other is a Canadian ethic that I strongly believe in — always have and always will," he said in a blog post published on his website on Monday.

B.C. has the highest child poverty rate in the country, at 18.6 per cent compared to the national rate of 13.3 per cent, according to advocacy group First Call.

Adrienne Montani, B.C. coordinator for First Call, said Moore's apology did not go far enough.

"He has a role as minister of industry to look at what kind



Industry Minister James Moore speaks in the House of Commons in October. ADRIAN WYLD/THE CANADIAN PRESS FILE

of jobs, what kind of industries are getting federal government support and which kind aren't," she said.

"Right now we need two parents to work in most families, so either bring down the cost of living, like childcare and housing, or raise wages, or make government subsidies better for those who the (job) market serves poorly and are on low wages. There are so many things they could do."

Moore did not make himself available for comment on Monday.

In a tight spot

The Harper government scrambled to shove a genie back into the bottle as one of its most sure-footed cabinet ministers made insensitive comments about hungry children.

- Finance Minister Jim Flaherty defended the government, touting its reduction of taxes to address income inequality. "We did the Working

Income Tax Benefit, which people in that area of work will tell you was the most important tax reform for persons with limited income since the 1950s," he said.

- The NDP and Liberals called Moore's comments callous and heartless. They accuse the government of failing hungry kids and poor families.

Santa flanked by jets 'a lot of fun': Norad

The U.S. and Canadian military will entertain millions of kids again this Christmas Eve with second-by-second updates on Santa's global whereabouts. But there's something new this year: public criticism.

A children's advocacy group says an animated video on the Norad Tracks Santa website injects militarism into Christmas by showing fighter jets escorting Santa's sleigh. It's a rare swipe at the popular program,

which last year attracted a record 22.3 million unique visitors worldwide to its website.

The kerfuffle erupted over a 39-second video on noradsanta.org called Norad Tracks Santa Trailer Video 2013.

A five-second segment of the video, also available on YouTube, shows two fighter jets flanking Santa.

The Boston-based Campaign for a Commercial Free Childhood said the video brings

violence and militarism to a beloved tradition. Blogs and Twitter also lit up with volleys from both sides.

U.S. Navy Capt. Jeff Davis, a Norad spokesman, said he disagrees.

"We really do feel strongly that it's something that is safe and non-threatening, and not something that would negatively impact children," he said. "In fact, we think that it's a lot of fun." THE ASSOCIATED PRESS



A volunteer takes children's calls in the 2012 Norad Tracks Santa Operation. THE ASSOCIATED PRESS FILE

Soaps. FDA wants makers of anti-bacterial products to prove safety, efficacy

After more than 40 years of study, the U.S. government says it has found no evidence that common anti-bacterial soaps prevent the spread of germs, and regulators want the makers of Dawn, Dial and other household staples to prove that their products do not pose health risks to consumers.

Scientists at the Food and Drug Administration said Monday they are revisiting the safety of triclosan, the sanitizing agent found in soap in countless kitchens and bathrooms. Recent studies suggest triclosan and similar substances can interfere with hormone levels

Quoted

"The FDA is ... asking industry to show us that these products are better than soap and water."

Stuart Levy of Tufts University medical school

in lab animals and spur the growth of drug-resistant bacteria. The government's latest ruling lends new support to outside researchers who have long argued the chemicals are, at best, ineffective and at worst, a threat to public health.

THE ASSOCIATED PRESS

Market Minute



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Majority of Canadians felt strapped for cash in 2013



Canadians did not feel flush with cash this year. THE CANADIAN PRESS

Haves and have-nots. Albertans were most likely to feel better off, while Quebecers were feeling the squeeze

Sun Life Financial says 2013 wasn't a great year financially for most Canadians.

An Ipsos Reid survey conducted in November for Sun Life found that, overall, 57 per cent of Canadians felt they were not any better off financially than they were a year ago.

Those feelings were even stronger among women and those aged 55 and older,

A down year

57%

The majority of Canadians felt they were not better off financially in 2013.

with 61 per cent of both groups saying their financial position had not improved year over year.

On the flip side, 38 per cent of those surveyed did say their finances had improved compared with a year ago.

Albertans were most likely to say they felt better off, at 47 per cent, followed by those in Saskatchewan and Manitoba, at 45 per cent, and Atlantic Canadians at 43 per cent.

Quebecers were least likely, with 63 per cent saying their financial position was no better than a year ago.

"It's concerning that a majority of Canadians aren't feeling better off financially than they were last year as we head into a holiday season where we tend to spend more and save less," Sun Life president Kevin Dougherty said of the results.

THE CANADIAN PRESS

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FACEBOOK BUTTONS WE WOULD 'LIKE'

What's not to like about Facebook? Plenty of things.

For years, users have been clicking the thumbs up icon to show their approval on everything from vacation photos to music videos to engagement announcements. But what happens when we come across those news feed items that aren't so likeable?

Facebook engineer Dan Muriello recently announced that the global social media site is experimenting with a new "sympathize" button to provide an alternative option to the iconic 'like.' I can think of a number of appropriate occasions to use this new option, especially for melancholy posts about breakups, deaths or other personal tragedies. The "sympathize" button would also work well when used to express a comical "I've been there man" on a status update about an epic hangover.

It may be some time before this new feature pops up on



SHE SAYS

Jessica Napier

metronews.ca

our screens, but in the meantime I'd like to propose some additional new tools that those software engineers might want to consider. Here are my top five most-wanted Facebook buttons:

The 'dislike' button. Realistically, the much-discussed 'dislike' button will never actually appear on the social networking site, but it's nice to dream. I know the potential for cyber bullying would be atrocious — but I'd love to have the option to give an enthusiastic thumbs down to yet another Rob Ford video.

The 'seriously' button. This button would be reserved for all those racist and homophobic outbursts or generally ignorant remarks that make you cringe and wonder how you are even possibly friends with this individual. Also appropriate to use on any overtly suggestive bathing suit photos and lengthy status updates full of hashtags.

The 'OMG, if I see another picture of this baby, I'm going to

lose my mind' button. OK this one is pretty self-explanatory. Lately my news feed looks like a never-ending photo stream of offspring and it needs to stop. One or two snapshots of your newborn are lovely; posting a fresh 50-photo album every time the little tyke masters a new facial expression is completely gratuitous.

The 'nobody cares' button. A special feature designed for those users who don't seem to understand that over sharing the daily minutia of your mundane life isn't appropriate on Facebook (that's what Twitter is for). I'm looking at you, people who post multiple status updates whining about their flu symptoms in excruciating detail.

The 'vomit face' button. Sometimes nothing can encapsulate your feeling of total disgust like a putrid green, "I'm about to vomit," emoticon. This icon would be best suited for obnoxious humble brags, cheesy couple selfies, overly emotional song lyrics and anything to do with Rob-in Thicke. Bleugh.

Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

The *really* old game of cat and mouse



THE ASSOCIATED PRESS FILE

Domestication process verified

A cat-and-mouse game played out in a Chinese village some 5,300 years ago is helping scientists understand how wild felines transformed into the tame pets we know today.

In fact, it was the cat's appetite that started it down the path to domestication, scientists believe. The grain stored by ancient farmers was

a magnet for rodents. And that drew wild cats into villages to hunt the little critters. Over time, wild cats adapted to village life and became tamer around their human hosts.

That's the leading theory, anyway, for how wild cats long ago were transformed and became ancestors of today's house cats. That happened in the Middle East, rather than China. But bones from the Chinese village back

up the idea that felines took on the pest-control job in ancient times, says researcher Fiona Marshall of Washington University in St. Louis.

The study, focused on an agricultural village in northern China, comes from a poorly understood time in the history of cats. The first evidence of domesticated cats comes much later, in Egyptian artwork from about 4,000 years ago.

THE ASSOCIATED PRESS

5,300 years ago in China

- It's not yet clear whether the cats were from a local wild population, or were already domesticated and had been brought in from elsewhere. Either way, it shows that ancient cats filled the niche at the heart of the hypothesis about how domestication began.

Clickbait



ANDREW
FIFIELD

andrew.fifield@metronews.ca

According to a study released by Netflix, you are indeed not the only person who spent an entire weekend watching *Breaking Bad*. In fact, more than 60 per cent of subscribers are binge-watchers, to the tune of 2.3 episodes per sitting. Here are some shows that will allow you to continue the habit — at least until *Better Call Saul* arrives.

Twin Peaks:

It seems a little silly to recommend a pop culture staple, but everybody knows someone who has been affected by having never watched the immortal cult classic about a supernatural murder mystery in a rugged town inhabited by a surplus of unsavoury weirdos. Decide for yourselves if you want to add the movie to your experience.

Terriers:

A short-lived but much-missed buddy-cop series that sadly managed to squeak out one season before collapsing under the weight of dismal ratings. Whether poor marketing or a too-crowded market is to blame

for a premature demise, Terriers deserved better. Thankfully, the single-season arc ends about as perfectly as one could hope.

Justified:

Since *Deadwood*, Timothy Olyphant has nailed the swaggering, handsome lawman shtick. That shtick is honed to a knife's edge as he plays Raylan Givens, a U.S. marshal rustling up ne'er-do-wells in his childhood stomping grounds of rural Kentucky. Justified tends to be overshadowed by prestige "Golden Age" shows, but reliably clever writing usually makes it far more entertaining than most hours of *Mad Men*.



CONTRIBUTED

Twitter

@metropicks asked: Finance Minister Jim Flaherty says there's no plan to enrich CPP. Do you have a retirement plan?

@MiztressTia: Retirement plan? Of course, to die in the hardware aisle while working at Walmart at the age 98!!

@Gmc_gord: 15% buy gold, 10% lot-to-max, 5% my kids become wealthy,

70% work damn hard and live within my means (tho I can't resist #Amazon)

@ShonaLiz: Death.

@dan_giannini: Yah save more than you spend. Put it in something that will grow over time. Keep doing it believe me it works!

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Hating on bad history? Reign stars don't mind

McQueen for a queen.

Cast of much-critiqued show argue they're just making a teenage drama — plus they get to wear haute couture, so there

MICHELLE
CASTILLO
Metro World News

The stars of *Reign* have heard all the criticisms about the historical inaccuracies the show — and that is completely fine with them.

"Anybody's certainly welcome to do the historically accurate take on it, but that quite frankly isn't our show.... There's been a lot of criticism about that, but at the end of the day we're making a bit of a fantasy," Torrance Coombs, who plays the role of Sebastian, explained.

"We're making a teenage drama," Adelaide Kane, who plays Mary, Queen of Scots, added. Kane admitted that she used to get defensive when people spoke out against the show, but decided to stop reading all the hate. She's having more fun working with the cast and crew, wearing extravagant clothing and portraying one of the most notorious nobles that has ever existed.

Kane only knew the basics about Mary, Queen of Scots, before signing on to *Reign*. She had been auditioning for different shows for the CW network when she heard about the show. After submitting a video diary explaining who she was and channelling her father's Glaswegian accent, the producers selected her to play the



Adelaide Kane plays Mary, Queen of Scots, on *Reign*. CONTRIBUTED

main role before the audition process even started.

Her co-star Coombs knew very little about the legend as well, but he had some experience playing nobility from his role of Thomas Culpepper on *The Tudors*. He admitted that arriving on set felt like a "homecoming" of sorts, until he noticed the differences in characters and mood of the show — and a notable lack of nudity.

He said *Reign*'s elaborate costumes helped transform the 21st century actors into 16th century royalty. Costume designer Meredith Markworth-Pollack, whose past credits in-

clude *Gossip Girl* and *Hart of Dixie*, garbs the actors and actresses in designers like Alexander McQueen and Saint Laurent Paris.

Kane says the corsets can get annoying and needing help to get into her outfits can be a pain. Still, she's enjoying every minute of it.

"I get to wear haute couture that I would never normally wear," Kane said. "Like I'm not going to the Emmys, not a debutante, you know. I don't get to wear casual Alexander McQueen haute couture every day, so that's been amazing. And, you just get to wear leather a lot. Lots of leather."

Quoted

"(At) the end of the day we're making a bit of a fantasy." Torrance Coombs, who plays Sebastian on *Reign*

But, when the cameras stop rolling, Kane slips into her jeans and flats. The actors admit no one has any problems returning to the modern era. Cellphones and coffee cups are hidden just out of view.

"It's pretty hilarious," Kane added. "Yeah, everybody pulls their phones out of their boots or out of their corsets or whatever."

DVD review



Prisoners

Director. Denis Villeneuve

Stars. Jake Gyllenhaal, Hugh Jackman, Terrence Howard, Viola Davis, Paul Dano

The first U.S. feature by Quebec's Denis Villeneuve (*Incendies*) is a superb child kidnap thriller set in suburban Pennsylvania that uncoils with a serpent's stealth — and strikes just as suddenly. There's no way to prepare for what's about to happen to this comfortable neighbourhood, and also to everybody's notion of what's right and what's wrong in desperate circumstances. Hugh Jackman is a frantic dad, prepared to resort to vigilante justice to find his missing six-year-old daughter. Jake Gyllenhaal is a square-jawed cop fighting the clock, legal bureaucracy and rising anger. The two lead a strong cast that also includes Terrence Howard, Viola Davis, Paul Dano and Melissa Leo. A runner-up audience award winner at TIFF 2013, *Prisoners* is a potent commentary on modern life and fears and a triumph for Villeneuve. Extras include cast interviews and making-of featurettes.

PETER HOWELL

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Prince Harry. ALL PHOTOS GETTY IMAGES

So a smelly prince walks into a bar in Antarctica...

As Prince Harry continues his epic trek in Antarctica, he could really use a drink. But life, he's learning, is full of disappointments. Harry and his hiking buddies — including Dominic West and Alexander Skarsgard — arrived at a bar at McMurdo Station only to be denied service, according to Radar Online.

"They were denied (drinks)," a source says. "Only staff and employees are allowed alcohol and tobacco." It probably didn't help matters that Harry and company weren't at their most presentable. "All three were very smelly and scruffy," the source adds. "They are only allowed two two-minute showers per week."

Another star we don't want to see naked

Former Suite Life of Zack & Cody star Dylan Sprouse is the latest young Disney star caught up in a nude photo scandal, thanks to a pair of revealing selfies that hit the Internet over the weekend. The 21-year-old Sprouse, currently attending NYU, is owning up to it, at least. "Whoops, guess I'm not 14 and fat anymore," he tweeted. "I messed up, but I'd be a fool not to own up to it. Got to move past it, I suppose." He didn't make it through without enduring some gentle ribbing from his twin brother



Dylan Sprouse

and former co-star, Cole Sprouse, who tweeted, "Cold in that bathroom, huh?"

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

What funny rumours have the stars heard about themselves?

MEREDITH ENGEL

Metro World News in New York City

We were on the red carpet at this year's Jingle Ball concert at Madison Square Garden, where Miley Cyrus, Robin Thicke, Macklemore, Enrique Iglesias and many other stars took the stage. So many big stars in one room means many opportunities for misinformation, so we decided to help the stars out — we had them clear up the silliest rumour they've heard about themselves.

Ryan Seacrest

What is the funniest story you have ever read about yourself?

That I can sing!

You can't sing?

I cannot sing. Just rap.

Snooki

What is the funniest story you have ever read about yourself?

That I dated Drake.



JWoww: How was it?
Snooki: It was great!

Kellan Lutz

What is the funniest story you have ever read about yourself?

I don't know how to read, so I don't know how to answer that question. No, I'm joking.

Dr. Oz

What is the funniest story you have ever read about yourself?

There was an article that I was having an affair with Oprah.

Of all people! What did you think?

It was a crazy idea.

WITH FILES FROM MAJA LUNDAGER



Rebel Wilson

Rebel and Melissa don't plan to size down

Rebel Wilson and pal Melissa McCarthy are leaning on each other to resist pressures from Hollywood about their weight, according to Star magazine. "Neither one of them is trying to lose weight, and they've formed this little support group to keep each other from falling into the skinny Hollywood trap," a source says of the Bridesmaids co-stars. "Obviously, they could both snap their fingers and lose the weight

because of the resources they have available to them — which could include everything from personal trainers to lap band surgery — but right now they're agreeing with each other that they have to hold the line and provide a positive image for overweight girls everywhere. There will be plenty of time for dieting years from now, but Rebel and Melissa are determined to stay at their current sizes for now."

Susan's award-show highlights

Susan Sarandon has found a way to make boring awards shows more fun: going to them stoned. During a chat on Bravo's Watch What Happens Live, Sarandon was asked by Andy Cohen to name one event she'd shown up to stoned, to which she replied, "Only one?" After a laugh, the eight-time Golden Globe nominee, five-time Oscar nominee and four-time Emmy nominee



Susan Sarandon

candidly offered, "I would say almost all except the Oscars."



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**ROMINA
MCGUINNESS**
Metro World News

1. Replenish lost fluids

Alcohol functions as a diuretic, pulling the water out of your body.

"When this happens, you lose a lot of electrolytes (calcium, potassium and magnesium), and that's one of the reasons we feel terrible," says London-based nutritional therapist Gabriela Peacock. "Water gets transported back into your bloodstream much more

quickly if the electrolytes are present. So the best way to rehydrate is to get these back in your system by drinking something containing these, such as coconut water."

2. Eat eggs and avoid a comedown

"Eggs contain high levels of protein and sulphur, two

things that help get the toxins out of the liver," says Peacock. "The high protein content also increases the production of serotonin, a neurotransmitter in the brain that helps elevate our moods. So if you're feeling cranky after a night out, eating an egg helps. They're also a great source of B vitamins (depleted when we drink) that the liver needs in order to break down the ethanol."

3. Purify your insides

"Kale, broccoli, artichoke... these are all fantastic for liver regeneration," Peacock tells us.

Try steaming them and sprinkle with some spices. "Turmeric and cinnamon stimulate the liver and ginger helps beat nausea."

4. Drink to de-puff

"Alcohol causes bloating, so drink some lemon-and-parsley (an anti-inflammatory) infused water to de-swell. Fill up two bottles of the pre-prepared brew, and keep one by your bed (for when you get home) and one in the fridge (for when you wake up)," Ary Nunez, Rihanna's personal trainer, said.

close your eyes and spend about 10 minutes breathing through your nose (the most efficient way of circulating oxygen) to figure out how you're feeling," says Nunez. "If you can make it to the gym, go to a one-hour spinning class."

5. Go for a spin (if you can stand up straight)

If you're feeling queasy, you need to evaluate if you can actually move.

"Sit up straight (in your bed) and cross your legs. Now

take an over-the-counter antihistamine like Benadryl or apply an eye cream that contains caffeine (it constricts the blood vessels and decreases the blood flow under the eye) to improve the appearance of dark circles."

6. Freeze your face

"Always keep gel ice packs in the freezer as this helps take out puffiness from under the eyes after a hard night out," says LA-based dermatologist Dr. Debra Jaliman, author of Skin Rules. "You can also

7. Scrub away the dirt

"I love sonic cleansing systems, such as the Clarisonic brush, because I really feel they help exfoliate and give the skin great glow," says Jaliman.

"If you don't have a brush, pick a gentle exfoliator, making sure it contains glycerin or ceramides, and spend about two minutes washing your face to get rid of all the grime."



Did you know **72%** of pain sufferers regularly have trouble sleeping?

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For sleep tips & more visit
sleep-centre.ca



Best Health

Stay healthy on vacation



BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

In the latest issue of Best Health magazine, freelance writer Lisa Evans looked at ways to ensure a happy and illness-free holiday. Here are just a few of her tips:

En route

Avoid germs, stay hydrated and step lively. Pack a small bottle of hand sanitizer in your carry-on if you're flying, and antiseptic wipes if you want to clean the arms of your seat, your seat-back tray or the handle of the bathroom door. Also, since cabin air is dry, avoid dehydration by drinking plenty of water. To keep your blood circulating, get up and walk around periodically.

At your destination

Eat and drink wisely. Con-

sider packing a multivitamin if your destination has limited supplies of fresh fruits and vegetables. Depending on where you go, eat fruit only if you can peel it. All-you-can-eat buffet? Make sure you eat a protein-packed breakfast, which will help you avoid needing to snack later on. If you overindulged the night before, fuel up on foods that promote liver detoxification such as cruciferous vegetables, and water with lemon juice.

Don't take a break on exercise

Have an active vacation by taking advantage of fitness activities at your destination, and even just long walks on the beach. It'll help you stave off those extra pounds that are easy to put on during holidays. You'll also sleep better — and vacations are for relaxing, after all. **FOR MORE FITNESS, FOOD AND BEAUTY FROM BEST HEALTH MAGAZINE, GO TO BESTHEALTHMAG.CA, OR CHECK OUT OUR IPAD APP.**



Getting sick over the holidays is one stress you don't need. ISTOCK PHOTOS



It's probably time to get out in the sun more, boys. HANDOUT

Lack of Vitamin D is a villain's kryptonite

Movie magic. Could a shortage be the cause of movie villain failure? Maybe monsters should leave their darkened caves

How is it that movie heroes so often defeat stronger foes? Scientists at Imperial College London believe a poor lifestyle and lack of Vitamin D is hurting villain performance, citing a "lack of sunlight experienced by the evil characters" in films such as The Hobbit.

Dr. Nicholas Hopkinson, whose theory is in the Christmas edition of the Medical Journal of Australia, explains

more.

How would this problem affect villains?

According to our research, evildoers who dwell in the darkness and eat a poor diet are severely lacking in vitamin D, leading to muscle weakness and critically undermining their performance in battle. It is striking how often villains are defeated despite having superior numbers and weaponry, so we think anything to improve performance should be considered.

What advice would you give them?

Exposure to sunlight is one thing, and more healthy food and less relying on meat and the bodies of their enemies.

But the bigger picture is they must change their ways and behavioral intervention could support that.

What other medical problems are associated with a villain lifestyle?

There are health and safety issues with spending a lot of time in darkness — injuries are often caused by inadequate lighting. But as I said, the only real solution is to become less villainous.

What further studies would build on your findings?

We have only scratched the surface with this investigation. One area for further research is to explore the link between evil and living in the dark.

METRO

Mind the App

The Walk



MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

iPhone/Android \$3.99

Every step counts in this incredible pedometer game where you must keep a mysterious package out of the hands of terrorists by walking through an episodic, 500 mile audio fitness adventure.




Martini mayhem

Bond's boozy habit would hurt


He may have a license to kill, but is he sober enough to shoot? British doctors who carefully read Ian Fleming's series of James Bond novels say the celebrated spy regularly drank more than four times the recommended limit of alcohol per week. Their research was published in the light-hearted Christmas edition of the medical journal BMJ on Thursday. Bond's drinking habits put him at high risk for numerous alcohol-related diseases and an early alcohol-related death, the authors write.

THE ASSOCIATED PRESS



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Give that canned chef the boot with your own beefy pasta



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1. Preheat oven to 425 F. Light-

Ingredients

8 oz small-shell pasta

Meat Sauce

- 1 tsp vegetable oil
- 2/3 cup finely chopped onion
- 1 1/2 tsp finely chopped garlic
- 8 oz lean ground beef
- 1 cup tomato sauce

Cheese sauce

- 1 1/4 cups canned evaporated 2% milk
- 3/4 cup low-sodium beef stock
- 1/2 tsp Dijon mustard
- 2 tbsp all-purpose flour
- 1/2 cup shredded aged cheddar cheese
- 1/4 cup grated Parmesan cheese (1 oz/30 g)
- 2 tbsp chopped parsley



This recipe serves six. ROSE REISMAN

ly coat a 9- x 13-inch casserole dish with cooking spray.

2. Bring pot of water to boil. Add pasta and cook 10 minutes or until tender but still firm. Drain; place in casserole dish.

3. Meat sauce: Heat vegetable oil in skillet over medium heat. Add onion and garlic and sauté 4 minutes or until softened. Add ground beef and cook, stir-

ring to break up meat, 4 minutes or until no longer pink. Stir in tomato sauce, cover and cook 5 minutes. Set aside.

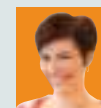
4. Cheese sauce: Combine milk, stock and mustard in saucepan. Slowly whisk in flour. Place over medium heat and stir until mix begins to boil. Reduce heat to low and simmer, stirring occasionally, 5 minutes or until sauce is slight-

ly thickened. Stir in cheddar cheese and half the Parmesan cheese and stir until melted. Remove from the heat and add to the meat sauce.

5. Pour sauce over the cooked pasta and stir to combine. Sprinkle with remaining Parmesan and bake in the preheated oven for 10 to 15 minutes or until completely heated through. Garnish with parsley.

Health Solutions

Everybody say, 'goat cheese'



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Every party needs a cheese platter but it doesn't have to be boring or unhealthy.

Think about a theme that goes for the goat.

Goat's cheese isn't just the soft variety that started showing up on pizza in the '80s. Many varieties are now using goat's milk for its health and flavour benefits.

This dairy is both lower in fat and contains a more easily digestible, naturally homogenized protein.

Some fun ways to bump up your platter are:

- Soak a log of chevre in extra virgin olive

oil, minced garlic and chopped olives. Warm for 10 minutes and serve as spread.

- Place a chunk of feta on a platter, surround with walnuts, sprinkle with cinnamon and drizzle with honey.

- Goat's Brie goes remarkably well with pears and stout beer.

- Aged goat's cheddar is just as yummy as cow's. Think about serving it alongside apple pie.

Goat's cheese provides all of the calcium, phosphorus, riboflavin and vitamin A you want from your cheese but with that little extra zip.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



Dinner. Caesar Squash Pappardelle



1. Bring a large saucepan of salted water to a boil. Add the pasta and cook according to package directions.

2. About 4 minutes before the pasta is done cooking, add the butternut squash. Then 2 minutes later, add the zucchini. Cook everything for another 2 minutes. Reserve 1/3 cup of the cooking water, then drain.

3. Transfer the pasta, squash and zucchini to a large bowl. Add the garlic, fish sauce, black pepper, olive oil and reserved cooking liquid. Add the Parmesan cheese and parsley, tossing the pasta to

thoroughly coat everything and melt the cheese. Serve.

THE ASSOCIATED PRESS

Ingredients

- 1 lb pappardelle pasta
- 1 small butternut squash, peeled, seeded and thinly sliced
- 1 medium zucchini, thinly sliced lengthwise
- 3 cloves garlic, minced
- 2 tbsp fish sauce
- 1 tsp ground black pepper
- 2 tbsp extra-virgin olive oil
- 1 cup shredded Parmesan cheese
- 1/4 cup chopped parsley

Vegetarian with a kick: Baked Tomato and Cheese Penne

Tomato pesto gives this meatless, cheesy pasta bake an extra tomato kick. It's great for serving a crowd, or bank the leftovers for another night for the family.

1. Preheat oven to 400 F (200 C). Grease 13 X 9-inch (3 L) glass baking dish.

2. In large pot of boiling salted water, cook pasta for 5 minutes; drain. Pasta will not be tender.

3. In large saucepan, heat oil

Ingredients

- 1 pkg (454 g) PC Splendido Penne Rigate
- 2 tbsp (25 ml) olive oil
- 2 cups (500 ml) chopped white onion
- 4 cloves garlic, chopped
- 2 cans (each 796 ml) San Marzano tomatoes
- 1 jar (270 ml) PC Splendido Tomato Pesto
- 1 ball (340 g) mozzarella cheese, shredded



This recipe serves 10. PRESIDENT'S CHOICE

over medium-low heat; cook onion for 8 to 10 minutes or until softened. Stir in garlic; cook for 30 seconds or until fragrant. Add tomatoes and their juices. Using potato masher, crush them in the

saucepan. Stir in pesto. Increase heat to medium; cook for 8 to 10 minutes or until flavours have melded and sauce is hot.

4. In large bowl, toss pasta

in hot sauce. Scrape into prepared baking dish. Top with shredded cheese. Bake uncovered for 15 to 20 minutes or until cheese is melted and browned.

COURTESY PRESIDENT'S CHOICE



The sun and sea of Florida comes at a price. ISTOCK

Prepare for the pitfalls before spreading your snowbird wings

JOLT act. If it passes in Congress, more Canucks swapping snow for sun will face income and real estate tax bills, and more



YOUR MONEY
Alison Griffiths
money@metronews.ca

I've been a (working) snowbird in Florida for five years and love it. My husband and I feel very fortunate. But, like everything else, there's a learning curve.

Aside from learning how to live in two countries, there are tax and real estate considerations. This is especially true since the Jobs Originated through Launching Travel (JOLT) Act was proposed in the spring. Among other things, the act would extend the time Canadians

buying homes for \$500,000 or more can be in the U.S. without a visa from the current 182 days to 240.

The JOLT Act didn't make it through Congress this fall, but it's likely to pass on reintroduction if pressure to reduce the real estate benchmark and make tax changes is successful.

It will be great to have the flexibility. However, it could mean that more snowbirds are subject to U.S. income and estate tax because they will be deemed U.S. residents.

The formula for determining U.S. residency is a bit complex but essentially amounts to an average of 120 days annually over three years. That means some snowbirds are already considered U.S. residents but don't know it. The whole point of JOLT is to benefit the \$130-billion US travel industry. So I suspect that tax changes will be included when the act is eventually passed, otherwise Canadian snowbirds will steer clear of Uncle Sam by keeping their winter sojourns shorter.

And one more thing...

• **Health care.** Another important issue for snowbirds is health care. Provincial health plans don't cover you if you're out of the country more than six months and you may have to re-establish residency in order to qualify again.

track not only when you enter the U.S., but also your departure. The other issue for snowbirds owning a U.S. home is that if the Canadian owner or a joint owner dies, the U.S. property may be subject to estate tax, but only if you're wealthy.

Also, there may be Canadian tax on capital gains to be paid for a second home in the U.S. or tax on rental income. Canadians who bought property at bargain prices between 2008 and 2012 could make substantial gains if the market eventually moves back to more normal levels and if the loonie continues to slide.

Enjoying the snowbird life isn't as simple as it was years ago. But if you take your time, follow all regulations to the letter, use a U.S.-based lawyer for real estate transactions and keep on top of developments through organizations such as the Canadian Snowbird Association you'll find, as I do, that the winter-less life is really quite fine.

In the meantime, anyone who spends an extended period of time in the U.S. and is not working or studying should file Form 8840, Closer Connection Exemption Statement for Aliens. Essentially, it's a declaration of Canadian residency.

Snowbirds should also maintain a log of when they cross the border and keep on hand copies of credit card statements, income tax assessments and property taxes, just in case there is a question about where you are a permanent resident.

Don't try to cheat! Next summer a new system will

Only fools rush in ... to an overindulgent Xmas

Alison Sweeney. Host of *The Biggest Loser* is keen to set a good example for her kids by having a healthy, disciplined holiday

MAJA LUNDAGER PEDERSEN
Metro World News in NYC

We recently sat down with Alison Sweeney, host of *The Biggest Loser* and the new leader of California Almonds' team of lifestyle experts, for a talk about health and holidays.

During our chat, one thing became clear: No Christmas miracle will save your weight.

Whereas many resort to telling themselves that during the holidays calories don't count, Sweeney doesn't buy into that theory — and it shows in her food choices and the way she raises her children.

"Getting carried away and looking at it like 'Oh, I'll figure it out later,' is not a good idea," she tells

Goals for 2014

• **Question.** On Twitter Sweeney asked people what their 2014 healthy goals are. She shared her favorite answers with us:

"Some of the ones that I loved hearing people talk about were wanting to make healthier choices with their children. What can we do together as a family to work out? Lot's of people responded that they want to get more sleep, which is definitely something I need to work on. I liked people talking about finding time to work out. It doesn't have to be all or nothing — if you can't make time for an hour-long workout, that doesn't mean you shouldn't do anything. You can still find 10 minutes to do some squats or lunges. Get something in."

kids, she says.

"I have an 8-year-old and a 4-year-old and I want to instill in them healthy nutritional values. I want them to be used to making healthy choices themselves," Sweeney, who is also author of *The Star Attraction* and *The Mommy Diet*, says.

But that doesn't mean cutting out fun, period. "I don't want them to feel like they can never have something indulgent, but (I want them to) also know how to control their portions."

She doesn't understand why people would ever lie to themselves about what is healthy and what is not.

"You need to arm yourself with the information. If you want to eat (whatever you feel like eating), go for it, but go in knowing what you are really eating and how many calories are really in it."

"Don't let them fool you, don't fool yourself. Be honest with yourself about what you put in your body and maybe you will make better choices. At least you will make educated ones."

us. Her go-to snack at holiday parties is vegetables — just that. She wants to set a good example for her



Sweeney reminds us that exercise doesn't have to be all or nothing. Do 10 minutes if you can't do an hour. GETTY IMAGE



The Jets' Jacob Trouba slugs Matt Calvert of the Blue Jackets with a punch on Monday night in Columbus, Ohio. KIRK IRWIN/GETTY IMAGES

Kane boosts Jets to win in his return

NHL. Forward tallies winning goal after sitting out six games with lower-body injury

Evander Kane returned from an injury to score a goal and add an assist, leading the Winnipeg Jets to a 3-2 victory over the Columbus Blue Jackets on Monday night.

Mark Scheifele and Bryan Little also had goals for the Jets, with Al Montoya making 22 saves.

On Monday

3

Jets

2

Blue Jackets

R.J. Umberger and Fedor Tyutin had the goals for the Blue Jackets, who had a first-period goal disallowed.

The Blue Jackets had picked up points in five of their past six games (4-1-

1). The Jets won four of six games on a road swing only to return home and go 0-2-1 before heading to Columbus.

Kane was back in the line-up after missing six games with a lower-body injury. He scored on a 3-on-1 rush with a blistering high shot to give the Jets a 3-1 lead at the 10:35 mark of the third period.

The game pitted teams with almost identical records. But Columbus (14-15-4) came in only three points out of a playoff position in the East while tied for ninth place, while 12th-place Win-

nipeg (14-15-5) was 10 points out of eighth in the West.

Montoya got the start in goal after Ondrej Pavelec was pulled upon allowing five goals on 24 shots in the first two periods of a 6-4 loss to Dallas on Saturday night.

Mike McKenna, who had 29 saves, was starting his fourth consecutive game since backup Curtis McElhinney (lower body) was injured — in relief of last year's Vezina Trophy-winning goaltender Sergei Bobrovsky (groin strain).

THE ASSOCIATED PRESS

NHL. Thornton appealing 15-game suspension for attack on Penguin Orpik

Bruins tough guy Shawn Thornton has decided to appeal his 15-game suspension for punching and injuring unsuspecting Penguins defenceman Brooks Orpik.

As laid out in the collective bargaining agreement, the appeal first goes to commissioner Gary Bettman. If Bettman upholds the suspension, Thornton and the NHLPA can then elect to appeal to a neutral arbitrator.

THE CANADIAN PRESS



The Bruins' Shawn Thornton is appealing his 15-game suspension. CHARLES KRUPA/THE ASSOCIATED PRESS

UFC. Jones, Gustafsson support GSP's decision

UFC light-heavyweight champion Jon (Bones) Jones is backing Georges St-Pierre's decision to give up his title and walk away from the sport.

"I'm proud of him," Jones said in an interview from Sacramento, site of the UFC's weekend televised card. "I think he's listening to his body and he's doing what makes him happy and that's what life is about, ultimately."

Calling his life a "freaking zoo," St-Pierre announced Friday that he was leaving the sport for an undetermined

Quoted

"If he thinks that's the right decision, I understand.... Only he knows what's best for him."

Alexander (The Mauler) Gustafsson, on Georges St-Pierre's decision to take a leave from mixed martial arts.

period of time to look after undisclosed personal issues. He is ranked No. 2 behind Jones on the UFC's pound-for-pound top fighter list. THE CANADIAN PRESS

Sports in pictures



1 College basketball.

Canuck named player of week

Canada's Michelle Plouffe has been named NCAA player of the week by espnW. The senior forward from Edmonton is averaging 19.6 points and 11.4 rebounds a game this season. THE CANADIAN PRESS

2 NFL. 'Skins coach has no plans to resign

Washington Redskins coach Mike Shanahan said Monday it's "accurate" that he doesn't plan to quit after what will be his third losing season in four years. The Redskins are 3-11.

THE ASSOCIATED PRESS

3 NFL. Source: Incognito out for rest of year

Miami Dolphins guard Richie Incognito will remain on the NFL's suspended list with pay for the rest of the season, including the playoffs, a person familiar with the situation said Monday.

THE ASSOCIATED PRESS

Horoscopes

♈ Aries

March 21 - April 20

There are times when it is right to back down but this isn't one of them. If you find yourself under attack today, stand up and fight back. Don't be intimidated by noise makers.

♉ Taurus

April 21 - May 21

You may feel compelled to accept what is offered but if you are not happy with the terms, speak up or there will be trouble further down the line. You are not being selfish by holding out for more.

♊ Gemini

May 22 - June 21

The full moon in your sign suggests at least one challenge is heading your way and it is important that you face up to it. Don't let anyone bully you.

♋ Cancer

June 22 - July 23

Do others have your best interests at heart? Why leave it to chance? Money matters and business issues are a minefield, so tread carefully and make sure you are not being cheated.

♌ Leo

July 24 - Aug. 23

You may be brave by nature but taking risks is best avoided today, especially on the home front where loved ones are unlikely to see the funny side of your pranks — and even less if they have to come and rescue you.

♍ Virgo

Aug. 24 - Sept. 23

Someone will be aggressive towards you today. What have you done to deserve being treated harshly? Probably nothing but they may see it as getting you back for something you previously did. Let it pass.

♎ Libra

Sept. 24 - Oct. 23

You can be persuasive at times but don't go too far and demand that people change their views. Communication is about the exchange of ideas, not forcing your ideas on those who clearly don't want them.

♏ Scorpio

Oct. 24 - Nov. 22

Someone will give you a hard time today and you are not the sort to back down. However, if you find yourself battling someone in a position of power, don't take it too far.

♐ Sagittarius

Nov. 23 - Dec. 21

If you know what is good for you, keep a low profile over the next 24 hours. A full moon in your opposite sign means you will encounter people who rub you the wrong way. You don't have to interact with them.

♑ Capricorn

Dec. 22 - Jan. 20

Don't waste your time arguing about something that is trivial. If you find yourself losing your temper with someone who refuses to see sense, just turn your back and walk away.

♒ Aquarius

Jan. 21 - Feb. 19

Today's full moon indicates that your differences with a certain person are too strong to pretend they do not exist. If a parting of the ways is necessary so be it. You'll be better off.

♓ Pisces

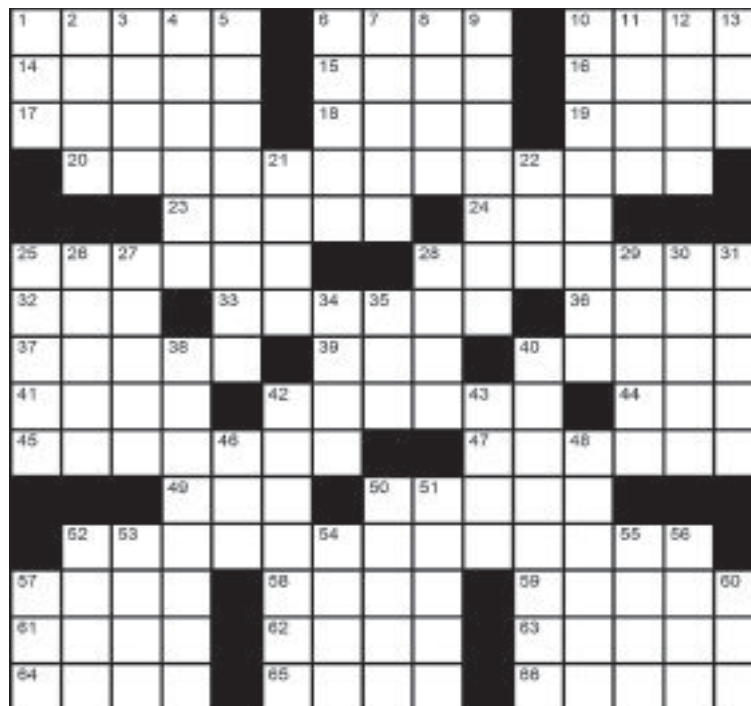
Feb. 20 - March 20

Accidents will happen but that does not mean they have to happen to you. If you look for adventure, you will find it. It may be fun to begin with but later on it will be you who slips and falls. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. "That's great!": 2 wds.
6. Catch
10. Cheerios uniform letters on FOX's "Glee"
14. John ___ (Tractor company)
15. Breadbasket item
16. Prefix to 'tude' (Elevation)
17. Opera highlights
18. Be goofy, ___ fool
19. Canuck coffee spot, to regulars
20. Members of this intergovernmental forum include Canada and Iceland: 2 wds.
23. Without a ___ stand on
24. "What??"
25. "Psst!" from above: 2 wds.
28. Maple Leafs great Doug
32. Society notice word
33. "We Three Kings of ___ Are"
36. Feminizing suffix
37. Paw parts
39. Canuck motorists org.
40. "And now, the ___..." - Paul Anka, "My Way"
41. ___ Space Museum of Calgary
42. Jeff __ Animal Planet host
44. Hot season in Hull



45. Surname of the Prime Minister who won the Nobel Peace Prize in 1957
47. ___ ___ (How dishes are often sold)
49. Critical
50. Twin brother of Romulus in Roman mythology
52. Reason for some

- animal extinctions: 3 wds.
57. KISS ballad
58. Shoe parts
59. Stanley of "Julie & Julia" (2009)
61. Not fooled by: 2 wds.
62. Fort __, ON
63. 1911 Edith Wharton novel, __ Frome

64. On
65. Mail
66. ___ evil, hear...

Down

1. Harem room
2. Wife of Zeus
3. Skating great Johnny
4. Prophet

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

11. Nero's 1052
12. WWW code
13. "___ boom-bah!"
21. Disney CEO, Bob ___
22. Void, in Paris
25. Open the bottle
26. Point ___ (Canada mainland's most southerly tip)
27. Supremes' "I ___ Symphony"
28. Chew
29. Waves: French
30. Join
31. Adjust anew
34. Picture
35. Hearer
38. North Pole: Santa's ___
40. Master bedroom must-haves
42. Phoenix players
43. Shakespeare's foot?
46. French possessive
48. Shrewd
50. River of Germany
51. Facilitated
52. Temporarily gave
53. Director Mr. Preminger
54. Fairway warning!
55. Be sore
56. Coast-to-coast road, famously
57. Designer gown accessory
60. She gave Odysseus a veil

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Weather

TODAY

WEDNESDAY

THURSDAY



MAX: -8°
MIN: -21°



MAX: -13°
MIN: -17°



MAX: -17°
MIN: -22°



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